



Romantik Hotel & Restaurant

**Oberwirt**

★★★★★







AMADEA SPA

# EVERY PERSON IS UNIQUE.

In the AMADEA SPA, the focus is placed fully on to the person.  
Our spa team devotes individual attention to each guest, caring for  
your mind, body and soul.

Just switch off, forget everyday life, reflect on yourself,  
and enjoy something good for yourself.

In the AMADEA SPA, the body can gather new defenses.  
Let our spa team pamper you with expert treatments!

*Feel good all around!*

Refresh and relax in our pool and sauna area!

Or come and explore our spa for men and women which contains a  
vast variety of activities: gymnastics, fitness, soothing massages,  
sensitive facial treatments, peelings, or cosmetics for hands and feet  
– our spa is place for pure rest and deep relaxation.

Enjoy your time in the AMADEA SPA!  
Your Family Waldner, with the entire Oberwirt team.





FULL BODY TREATMENT

# AMADEA 5 PILLAR RITUAL

**A journey through the world of fragrances.**

The particularly valuable essences of rose, lavender, mountain herbs and grapes are used specifically in our AMADEA 5-pillar ritual. Let yourself be pampered and inspired. For sense of beauty, sensuality, and vitality.

Intense head and neck massage  
Face pack with stamp massage (Rose and Lavender)  
Soothing foot massage  
Aroma oil massage with herbal stamps

80 Min. | 129 Euro



## COSMETIC FACIAL TREATMENTS

**THALGO**  
LA BEAUTÉ MARINE

### **AMADEA facial treatment with Thalgo cosmetics**

Enjoy an exceptionally gentle treatment of the face, neck and décolleté. High-quality, maritime products, rich in minerals and trace elements from the depths of the sea, have a clarifying, refreshing and revitalizing effect on the skin.

#### **AMADEA Basic**

50 Min. | 92 Euro

Cleansing, peeling, deep cleansing, eyebrow corrector or facial massage, mask, final care.



#### **AMADEA Deluxe**

80 Min. | 129 Euro

Cleansing, peeling, deep cleansing, eyebrow corrector, intense face, neck, and décolleté massage, mask, final care.



#### **AMADEA MEN- age defence**

50 Min. | 92 Euro

A facial treatment that was specially made for demanding men's skin. The skin is intensively moisturized. A soothing massage of the neck, head, and face which gives you renewed energy.





### Beauty from the Caribbean

Natural essences from flowers and fruits from the Caribbean, and the highest quality standards make the treatments LIGNE ST BARTH treatments so unique. The particularly delicate texture of the oils and creams as well as the exotic fragrances guarantee a pure care experience for your skin and senses.

#### LIGNE ST BARTH - Pureness

50 Min. | 92 Euro

Gentle, revitalising treatment for the face, neck and décolleté. Gives a clear, even and fresh skin texture.



L I G N E  
ST BARTH

#### LIGNE ST BARTH - Freshness

80 Min. | 129 Euro

For freshness and luminosity. Revitalising face, neck and décolleté treatment with fresh fruit. The high-quality, plant-based care products have an intensive clarifying effect and stimulate the skin's own activity.







## COSMETIC EXTRAS

### FACE AND BODY

Tint Eyelashes	18 Euro
Tint Eyebrows	10 Euro
Tint Eyebrows and Eyelashes	25 Euro
Regulate Eyebrows	15 Euro
Depilation Face, Upper Lip	15 Euro
Depilation Bikini zone or Shoulder	21 Euro
Depilation Leg to Knee	35 Euro
Depilation of entire Leg and Bikini Zone	50 Euro

## COSMETIC

### HANDS AND FEET

#### **AMADEA Spa Manicure**

50 Min. | 64 Euro

A feel-good treatment that pampers and intensively cares for your hands.



- + Painting Nails
- + Permanent Nail Polish
- + Remove Permanent Nail Polish

#### **AMADEA Spa Pedicure**

50 Min. | 69 Euro

A pampering care highlight for your feet.



- 10 Euro
- 30 Euro
- 25 Euro

## CLASSIC MASSAGES

### AMADEA

#### Full body massage with exquisite aromatic oils

50 Min. | 88 Euro

Relaxing massage from head to toe.



### AMADEA

#### Partial body massage with exquisite aromatic oils

25 Min 49 Euro

head, neck, back or leg  
massage.



### Harmony Massage - ST BARTH

50 Min. | 92 Euro

Gentle pampering massage  
accompanied by coconut oil,  
menthol oil or avocado oil and  
the delicate fragrances of lily,  
tiaré or vanilla.



### Lymph stimulating massage

50 Min. | 88 Euro

A gentle, stroking type of  
massage with a draining and  
dust-removing effect –  
stimulates the lymph flow and  
strengthens the immune  
system.



### Foot Zones Stimulating Massage

25 Min. | 49 Euro

50 Min. | 88 Euro

Reflex zones on the soles of  
the feet and toes are  
stimulated by pressure points.  
The metabolism is stimulated,  
blockages are gently released  
and the self-healing powers  
are strengthened. A blessing  
not only for the feet.



### Kids Massage

25 Min. | 49 Euro



### Mini package

Choose individually one of  
our classic massages in  
combination with a peeling  
or a wrap.

You will receive a 15 euro  
bonus on your chosen  
package.

RELAX ONLY FOR ME


## BODY CARE

### PEELINGS AND PACKAGES

#### **Sea salt peeling with aromatic oils**

25 Min. | 48 Euro


Nourishing and soothing –  
suppleness for very dry skin.



#### **Body scrub with vanilla and coconut - ST BARTH**

25 Min. | 48 Euro


Moisturising and gently  
nourishing for supple,  
delicately scented skin.



#### **Grape seed honey cream peeling**

25 Min. | 48 Euro


Regenerating and rejuvenating  
– for velvety soft skin.



#### **Sensation - ST BARTH**

40 Min. | 55 Euro


Sensually beautiful and  
intensively moisturising - for  
dry, sensitive skin for dry,  
sensitive and irritated  
skin.



#### **Alpine mud fango pack**

40 Min. | 55 Euro


Deeply warming and  
stimulates blood circulation –  
for muscle tension and  
rheumatic complaints.



#### **Detox algae pack**

40 Min. | 55 Euro


Draining and purifying – a  
detox treatment for the body.



#### **South Tyrolean hay pack**

40 Min. | 55 Euro

Invigorating and detoxifying –  
activating the circulatory  
system and strengthening the  
immune system and positive  
for the entire musculoskeletal  
system.





## PURE WELLNESS FOR THE BODY


### SPECIAL MESSAGES

#### Thai Yoga Massage

50 Min. | 92 Euro

80 Min. | 129 Euro


Thai yoga massage, also known as 'silent dance', is meditation in motion. Thai yoga massage combines gentle stretching, rhythmic movements and mindful touch to release tension and harmonise the flow of energy in the body. The Thai yoga massage is performed in comfortable leisurewear on a mat on the floor.  
on the floor.



#### Shiatsu

50 Min. | 92 Euro


A holistic Japanese acupressure technique. Body, mind and soul are calmed and harmonized by means of a gentle, deep-acting massage on the energy channels. Shiatsu is performed in comfortable and casual clothing on a mat located on the floor.



#### Dorn-Breuss massage

80 Min. | 129 Euro


With the Dorn method, the spine and hips are gently brought back into their correct position. The Breuss massage along the spine releases energetic and physical blockages. In combination, these two methods can be very effective for back pain, sciatica, neck and lower back pain.



#### Singing bowl massage

50 Min. | 92 Euro


Draw strength from the stillness and find harmony with yourself and the world. The sounds of the singing bowls, combined with the resulting vibrations, lead to deep relaxation.



#### Lomi Lomi Nui – Hawaiian full body massage

80 Min. | 129 Euro

Flowing, gentle strokes combined with warm, fragrant oils which provide deep relaxation, balance and holistic harmony.



### **Hot Stone Massage**

80 Min. | 129 Euro

Relaxation massage with warm volcanic stones and valuable essential oils. Muscle tension is gently relieved and a feeling of holistic well-being sets in.

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### **Herbal stamp massage**

50 Min. | 92 Euro

Gentle massage movement with warm oils and fragrant herbal stamps relieve physical tension and create a feeling of soothing balance.

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### **Back intensive**

50 Min. | 92 Euro

The cupping massage technique specifically relieves tension in the neck, shoulder and back area.

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DETOX – PURIFYING,  
DETOXIFYING

**THALGO**  
LA BEAUTÉ MARINE

### **Body Treatment**

80 Min. | 129 Euro

A unique and effective full body treatment using cupping massage technique to activate metabolism and strengthen the immune system.

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### **Tightening and draining leg treatment**

50 Min. | 92 Euro

Cooling, decongesting leg wrap followed by a toning connective tissue massage. We especially recommended this for heavy legs or on hot summer days.

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## FOR A CLEAR HEAD AND CLEAR PATH

### METHOD ACCORDING TO HARALD KITZ

The Haki method is a holistic and tailor-made concept for overly cerebral individuals and focuses specifically on the shoulder, neck and head area. The pressure in these areas is relieved and the body can regain its strength.

#### **Haki Sacral Deluxe**

50 Min. | 94 Euro

Starting with the neck, going down the back and the loins, tension is released and the center of the body reactivated with conscious mindful touches.



#### **Haki Stretch & Relax**

50 Min. | 94 Euro

Feeling good begins mentally. This treatment focuses specifically on the shoulder, neck and head area. They are consciously made to vibrate with targeted tension, pressure and stretching.



#### **Haki Purna**

80 Min. | 129 Euro

A full body treatment for the headstrong person. Anyone who sits at a desk a lot or has shortened muscles after long sports or professional challenges will be noticeably stretched and activated by this treatment.



OUR GIFT TIP



## AMADEA FOR THE LADY

220 Euro

AMADEA Full Body Massage  
AMADEA Basic Facial Treatment  
AMADEA Spa Manicure

## AMADEA FOR THE GENTLEMAN

220 Euro

AMADEA Full Body Massage  
Age Defense Facial Treatment  
AMADEA Spa Pedicure

# AMADEA COUPLES TREATMENT

50 Min. | 184 Euro

## AMADEA – Romance

Enjoy a soothing aromatic oil massage together with oils of your choice. A gift of relaxation and harmony for two – a glass of sparkling wine awaits you at the end.





## A STRONG BODY THROUGH HEALTH AND FITNESS

### **Personal treatment**

50 Min. | 92 Euro

A massage tailored to you, in which various massage techniques are used: fascia treatment, taping, cupping, trigger points. Put yourself in our trained hands to improve your state of health.

### **Personal treatment intensive**

80 Min. | 129 Euro

...with additional advice and fitness tips for at home.

### **Personal training**

40 Min. | 75 Euro

Your own personal training tailored to you.



STAY ACTIVE ON VACATION



OPFEN DAILY

### **Our fitness room**

In our fitness room you can train on high-quality Technogym fitness equipment.



## **OUR ACTIVE PROGRAMME**

Train under professional guidance in a functional full-body workout or strengthen your muscles. build up your muscles and endurance in the form of in the form of gentle water gymnastics.

MONDAY - FRIDAY |  
ALTERNATING  
**Water Aerobics**  
**Functional**  
**Full-Body Training**













## OPENING HOURS

### AMADEA SPA

Daily 08:00-19:00 o'clock

### SAUNA AREA

Daily 3:00 PM - 7:00 PM

(On request also at other times)

Please contact us directly to make an  
appointment:

[amadea@oberwirt.com](mailto:amadea@oberwirt.com)



## AMADEA

### AMADEA SPA ETIQUETTE AND INFORMATION

#### Information and appointment bookings

You can get information about the offer personally at the SPA & Hotel Reception. We recommend that you book your wellness treatment 7 to 14 days before arrival at [amadea@oberwirt.com](mailto:amadea@oberwirt.com). Please come to the SPA reception a few minutes before the start of the treatment. If you are late and your masseuse or the room is booked again after your original appointment, we will unfortunately have to shorten your treatment accordingly.

#### Cancellations/appointment changes

We ask that you inform us of any cancellations one day before the scheduled treatment. Otherwise 50% of the total price will be charged.

#### Clothing

Please enter the sauna zones, pool areas and treatment rooms in your bathrobe. The sauna zone is a nude zone area and is not accessible to children under the age of 16.

#### Medical specifics

Please inform us of any medical specifics, as well as your masseuse, before the treatment begins.

#### General

Out of consideration for other guests, we kindly ask you to put your mobile devices on silent.

We look forward to pampering you in our AMADEA SPA.



AMADEA SPA

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